

**Severson Smokeless Tobacco Dependence Scale  
(Short Form, 8 Items)**

1. How many days does a tin or pouch last you?

- ☐ less than one day    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5    ☐ 6    ☐ 7    ☐ more than 7 days

2. Do you experience strong cravings for a dip/chew when you go more than 2 hours without one?

- ☐ Yes  
☐ No  
☐ I never go more than 2 hours without one

3. How soon after you wake up do you use chew/snuff?

- ☐ 0-5 minutes  
☐ 6-15 minutes  
☐ 16-30 minutes  
☐ 31-60 minutes  
☐ more than 60 minutes

4. When you go without a dip or chew do you find yourself getting anxious more quickly?

- ☐ never    ☐ seldom    ☐ sometimes    ☐ often    ☐ always

5. When you go without a dip or chew do you find yourself getting drowsy more quickly?

- ☐ never    ☐ seldom    ☐ sometimes    ☐ often    ☐ always

6. I use more snuff/chew when I am worried about something.

- ☐ not at all    ☐ a little    ☐ quite a bit    ☐ very much so

7. I use more snuff/chew when I am rushed and have lots to do.

- ☐ not at all    ☐ a little    ☐ quite a bit    ☐ very much so

8. I get a definite lift and feel more alert when using snuff/chew.

- ☐ not at all    ☐ a little    ☐ quite a bit    ☐ very much so

## **Coding and Scoring the Severson Smokeless Tobacco Dependence Scale**

### **Coding the dependence items:**

Q1, days a tin lasts: scored from <1 day = 8 to >7 days = 0

Q2, cravings: no = 0, yes = 1, never go 2+ hrs without = 1

**Q3, time after waking - level scale: 0-5 min = 1, 6-15 min = 1, 16-30 min = 1, 31-60 min = 0, >60 min = 0**

Q4-Q5: score from never = 0 to always = 4

Q6-Q8: score from not at all = 0 to very much so = 3

### **Scoring:**

Add scores for items Q2 through Q8. Use Q1 as a measure of exposure, for concurrent validity.

Note: The "level of dependence" subscale is derived from item response theory and should properly be scored by computer. However, adding the scores for the items creates a reasonable approximation to the scores generated by computer, with a correlation of 0.93 in our scale development sample, even though the items are not evenly weighted.